

## ***Workout Video Project***

In Partners, you are going to create a short video with specific muscle workouts. You and your partner are to use your sheets with the workouts that you found, and then put it in to a formal video to present to the teacher. The video must have both instructions and demonstrations. The point of your video is to give people an option for specific muscle workouts that they would like to train. You will have 4 class days to complete, and the videos are **due on Friday, March 7<sup>th</sup>**.

Teacher Name: **Ms. Loader**

Student Name: \_\_\_\_\_

CATEGORY	4	3	2	1
<b>Titles and Credits</b>	All titles and credits are accurate, legible and draw the viewer's attention.	Most titles and credits are accurate, legible and draw the viewer's attention.	Some titles and credits are accurate, legible and draw the viewer's attention.	Few (less than 75%) titles and credits are accurate, legible and draw the viewer's attention.
<b>Length of Video</b>	Video was 3-5 minutes long.	Video was 2-3 minutes long.	Video was 1-2 minutes long.	Video was less than 1 or more than 5 minutes long.
<b>Interest and Purpose</b>	Video has a clear and interesting purpose.	Video is interesting but purpose is somewhat unclear.	Video is not very interesting and purpose is somewhat unclear.	Video is not interesting and has no discernable purpose.
<b>Costume &amp; Props</b>	All students wore costumes and the group used some props.	Some students wore costumes and the group used some props.	Students wore no costumes, but the group used some props.	No costumes and no props were used.
<b>Knowledge</b>	The student showed excellent knowledge of content, and their workout had a clear purpose and design,	The student showed excellent knowledge of content, but some parts were confusing or were lacking critical components.	The student showed excellent knowledge of content, but there was often confusion or a clear part lacking.	The student clearly missed the aspects of the project needed, and their was a clear misunderstanding.